

About MIFSA

MIFSA is a community based, not-for-profit organisation providing a range of services to people with mental illness, carers and the community since 1983.

Our Vision

is a South Australian community which understands mental illness and responds with confidence, respect and hope.

Our Mission

is to increase opportunities to achieve good mental health, to promote acceptance of mental illness in the community and provide quality services for people with mental illness, their family and friends.

Sharing the journey

At MIFSA we talk about “sharing the journey” which means walking alongside people in their recovery and carer journeys.

It means planning as well as designing and delivering services together. It means creating spaces and opportunities to share experiences, learn from each other, achieve goals and develop ongoing support systems.

We value lived experience and peer led programs, leading to outcomes which enhance wellbeing and strengthen resilience.

Connecting with us

Mental Illness Fellowship South Australia

ABN 85 595 741 081

www.mifsa.org

mifsa@mifsa.org

MIFSA Wayville

T (08) 8378 4100

F (08) 8378 4199

5 Cooke Terrace
Wayville SA 5034

PO Box 310
Marleston SA 5033

MIFSA APY Lands

M 0488 109 933

MIFSA Eyre

M 0488 073 458

MIFSA Mannum

M 0466 994 549

MIFSA Mount Gambier

T (08) 8723 6533

MIFSA Panangga

T (08) 8382 5588

MIFSA Reynella

T (08) 8322 0140

Mi Networks

www.MiNetworks.org.au

T 1800 985 944



Delivering mental
health services
supporting people with
mental illness, their
families, friends and
the South Australian
community

sharing the journey

Our Programs and Services

MIFSA offers a range of programs for people experiencing mental illness and for their families and friends who care for them

All MIFSA programs and services are delivered with a rehabilitation and recovery approach, utilising the 'lived experience' of mental illness. Working alongside and together with participants, our programs create an environment of hope and recovery, offering social support, meaningful activity and opportunities to learn and build upon existing strengths.

Group programs

increase social connections and opportunities to learn with others to support recovery goals

Individual programs

tailored approaches which focus on individual strengths and which identify and achieve goals

Family Support programs

involve the whole support network in progressing recovery and carer journeys

Carer Support programs

for families and friends to assist them with their caring role, and also to care for themselves

Residential Respite Accommodation programs

short term, overnight, small group stays at the MIFSA Respite House in Seacombe Gardens

Education and Training

a range of topics related to mental health and wellbeing

We provide support and information, build community awareness and advocate for improved mental health policy and services

We achieve results by drawing on a long history of working in South Australia with local, state and national partners, a strong membership base and a passionate workforce.

We bring the power of real life experiences and stories to engage any audience.

Workplace Education and Training Packages

Information and Resources

Projects and Partnerships

Systems Advocacy

Diversity is an important consideration in all aspects of our work and we maintain, promote and preserve the rights of each individual. Our team delivers culturally competent practices and is skilled at working across diversity of culture, background, language, religion, gender, sexual identity, disability and ability.

Supporting MIFSA

1 in 5 people will experience mental illness 5 in 10 people can help

There are many ways you can connect with us and show your support, helping sustain and grow the vital work of MIFSA.

Volunteering

Student Placements

Membership

Donations

Fundraising

Workplace giving

Sponsorship

Bequests and Gifts

With your support through financial and other contributions, MIFSA can

- plan for the future
- ensure continuity of programs
- expand into areas of high need
- develop new innovative services

What people are saying about MIFSA

"In my opinion, when it comes to mental health services, it doesn't get much better than MIFSA. They appreciate their staff for their lived experience as much as for their individual skills, qualifications and knowledge. MIFSA provides people in SA with a diversity of treasured supports and has a solid reputation of having a warm, professional, non-judgmental, inclusive and kind workforce."